

ABSTRACT OF THE DISCLOSURE

An exercise device allowing a user to exercise his abdominal region by lying on his back while extending his arms generally upwards is disclosed. The device has a hand-gripping member positioned generally above the user's head for the user to grip while exercising. The hand-gripping member allows for a wide range of motion which may include side-to-side, front-to-back, diagonal, and/or rotational motion. This enables the user can exercise his abdominal region by moving in a variety of different directions, while keeping his arms extended.

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